

**LANCAL KNOWLEDGE EFFORTS ABOUT FOOTBEAK THERAPY TO REDUCE
INSOMNIA THROUGH**

BOOKLET MEDIA

ERIKA KRISTIANTI

Studi Diploma III Keperawatan, Fakultas Ilmu Kesehatan

Universitas 'Aisyiyah Surakarta

Email : erikakistianti24@gmail.com

SUMMARY

Background: *The elderly population (elderly) in Indonesia, namely, the population aged over 60 years is estimated to be doubled from 12% and will increase to 22% in 2050. Lack of sleep in the elderly (elderly) has an impact on physical , cognitive abilities and quality of life. Insomnia causes individuals to not be able to get enough sleep, both in quality and quantity so that individuals only sleep briefly or have difficulty sleeping. Therefore, it is necessary to find the right way to reduce insomnia in the elderly, which can be prevented using non-pharmacological techniques such as Foot Soak Therapy using Booklet media.* **Methods:** *Management of insomnia sufferers can be handled by non-pharmacological methods, namely Foot Soak Therapy with Media Booklets. This method is effective because there are research journals that prove the effectiveness of Foot Bath Therapy to Reduce Insomnia.* **Result:** *Media Booklet can be used with the aim of increasing knowledge and can provide clearer information in the delivery of material and can motivate insomnia sufferers to do it regularly. Outcome of a booklet with the title Tips to Reduce Insomnia By Soaking Feet.* **Conclusion:** *Using the Media Booklet can provide information on how to reduce insomnia by means of Foot Soak Therapy.*

Keywords: *Elderly, Lansia, Insomnia, Foot Soak Therapy*